



2021 CORPORATE CHALLENGES

New quarterly challenges are coming for the 2021 year!
Each challenge will be available all quarter long!



Quarter 1
Jan 1 - Mar 31:
Clean up the Clutter



Quarter 2
April 1 - June 30:
Stay Fit @ Home



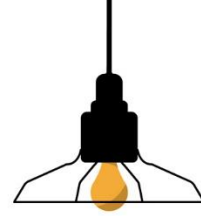
Quarter 3
July 1 - Sept 30:
Fruit & Veggies



Quarter 4
Oct 1 - Dec 31:
Zombie Walk

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CLEAN UP THE CLUTTER

JANUARY 1 – MARCH 31

Studies illustrate how clutter can impact our diet by overwhelming the brain causing a feeling of stress that may make us turn to comfort foods or overeating. It's time to handle the clutter!

Complete this challenge successfully by cleaning the clutter for at least 15 days of this challenge!

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STAY FIT @ HOME

WELLNESS CHALLENGE



CHALLENGE DATES:
APRIL 1 - JUNE 30

Join our Stay Fit @ Home wellness challenge. We might be stuck at home, but that doesn't mean we can't be active! Join us in this 7-week challenge to get moving!

WHAT TO TRACK:
Complete 15 minutes
of activity per day
for 30 days of this
challenge!

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July 1 - September 30

Fruit and Veggie Frenzy Challenge

This challenge is the perfect jump start to change what you eat in the short term AND in the long term! After just one week of increasing fruit and/or vegetable consumption, your taste will begin to crave even more fruit and/or vegetables, thus helping to keep you on track with healthy food choices. In this positive feedback system, your body begins to craves the healthy choices.

CHALLENGE GOAL: 5 servings of fruits/vegetables per day for 20 days

ZOMBIE WALK

OCTOBER 1 – DECEMBER 31

The Zombie's are coming! Get moving because the zombies are out! Walk 40,000 steps each week to stay ahead of the zombies. The zombie speed starts at 20,000 steps, but they'll keep getting faster each week. So keep on moving, or you might just turn into one!

Goal:
*Walk 40,000 steps
each week*

